## School not out for the summer?

You might rather be on the beach, but summer studies are getting easier with web-based and accelerated classes PAGE 17

# BOND IS BACK

LEAD MAN DANIEL CRAIG IS CONFIDENT NEXT 007 FLICK SETS A NEW BENCHMARK DESPITE ITS DELAY DUE TO STUDIO MGM'S FINANCIAL WOES PAGE 10

OTTAWA metro®

Monday, April 30, 2012

News worth sharing.

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# ALIVE TO STRIVE

From left: Catherine Rossiter, Adriane Aboud, little Liam Rossiter, Genvieve Aboud and Carolyn Johannes run the one-kilometre Alive to Strive Kidney Fitness Project race at the Terry Fox Athletic Facility. The event, which included 10-km and 5-km races, raised more than $13,000 for the project, which distributes fitness grants to kidney-disease sufferers and money to local kidney-disease research. SEAN MCKIBBON/METRO

# Reverse the charges please

**Enforcement fees.** Costs of investigating Do Not Call violators passed on to telemarketers

Telemarketers will soon be asked to pony up for the costs of investigating their own industry.

The Conservatives are announcing that they will transfer the costs of probes and enforcement of the Do Not Call List to the industry itself.

The industry already pays for administering the Do Not Call List, which includes about 10.6 million registered phone and fax numbers.

The Canadian Radio-television and Telecommunications Commission (CRTC) will consult with the telemarketing companies this fall on how fees will be levied.

It has imposed more than $2.1 million in fines over the three years to firms that have violated the rules.

A recent Acrobat Research and Advanis survey on the Do Not Call List suggested 78 per cent of Canadians on the list felt they were getting fewer telemarketing calls. THE CANADIAN PRESS

## A struggle to seek revenge

Though focused on survival, al-Qaida wants payback for the death of Osama bin Laden, warn U.S. officials PAGE 5

## Facebook not end of the road

There's no retirement in sight for Facebook co-founder Dustin Moskovitz, who says he believes work is an 'act of love for humanity' PAGE 6

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NEWS

On the web

### The ol' 180

A wayward dolphin that has spent three days in a narrow wetlands channel along the southern California coast was on its way out to the ocean Saturday when it suddenly turned tail and swam back to shallow waters. Watch at metronews.ca

### 50 Shades with Ellen

While hundreds of readers flocked to book signings and sold-out talks by Fifty Shades of Grey author E L James over the weekend, some are finding the novels hard to digest. Watch Ellen DeGeneres read the steamy novel at metronews.ca

Mobile news

Glimmers of hope are appearing in Haiti's devastated capital as hotels rise over a city still filled with displaced-persons camps housing hundreds of thousands. At least seven hotels are under development in Port-au-Prince and its surrounding areas, which could soon be filled with investors and tourists. Scan the code for the story.

# Lit cigarette destroyed Sandy Hill building: Investigators

**Cause determined.** Fire started on balcony of third-floor unit in eight-bedroom building

STEVE COLLINS
ottawa@metronews.ca

A carelessly tossed cigarette started a fire that left 17 people homeless on the weekend.

Investigators announced Saturday they pinpointed the cause of the Friday evening fire on Daly Avenue that closed the street between Rideau and Laurier and caused an estimated $2.25 million in damage to the building and its contents.

Four firefighters suffered minor injuries containing the blaze at 404 Daly Ave., including one who was treated by paramedics for smoke inhalation.

Two dogs and two cats were rescued from the blaze, but two more pets were still unaccounted for.

Two investigators from the Office of the Fire Marshal and another from Ottawa Fire Services concluded the fire started on the third-floor balcony and spread to the unit's interior and into the attic.

Separate blaze

### Rochester St. fire displaces 7

A Saturday evening fire in one unit of a row-home complex on Rochester Street displaced seven people and caused an estimated $100,000 worth of damage.

Firefighters arrived around 6:37 p.m. and had the fire, which had started in a kitchen and spread to an adjoining hallway and stairwell, under control by 6:46. Two neighbouring units suffered minor smoke damage. STEVE COLLINS/METRO

Firefighters work as flames pour out of an apartment at 404 Daly Ave. on Friday. CONTRIBUTED/OTTAWA FIRE SERVICES

# Province, city go to bat for 2015 Little League tourney

Mayor Jim Watson, left, and MPP Bob Chiarelli try out their pitching arms at South Nepean Park on Friday. DAVID SALTER/CONTRIBUTED

In 2015 the best Little League teams in Canada will converge on a ball diamond in Ottawa, and thanks to a government grant their East Nepean Little League hosts will be ready for them.

"It's pretty exciting. It's the first time it's ever been held in Ottawa," said league president Bruce Campbell.

On Friday Campbell and the league's 11- and 12-year-old players found out they'd have some help building a facility to host the championship. Mayor Jim Watson and Ottawa West–Nepean MPP Bob Chiarelli announced $390,000 in funding split evenly between their two levels of government to help the league build a new multi-purpose building at South Nepean Park.

The building, dubbed "the Eagle's Nest," will provide a place for media and scorekeepers to observe baseball games, two scoreboards to serve each baseball diamond, storage space for field and maintenance equipment, and umpire change rooms.

Campbell said five teams from across Canada will come to the ballpark to play in a 10-day, round-robin tournament that will also include a team from East Nepean. The winner of the tournament will go on to play in the Little League Baseball World Series in Williamsport, Pa.

"It's going to generate profile for the sport here, and it's great baseball," said Campbell, who is now looking for corporate sponsors to help with the costs of running the tournament. "Everyone should come out to watch. It's right beside the Longfields transit station. Admission will be free, and when you think of those 11- and 12-year-old kids and the excitement they have and the plays they make, it's great baseball." SEAN MCKIBBON/METRO

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# Singer's tour a momentous sign of recovery

**Country.** Now that he's cancer-free, Sean Hogan's excited to be back on tour and 'just so grateful to be alive'

STEVE COLLINS
ottawa@metronews.ca

Sean Hogan plays the Elmdale Tavern May 30.
CONTRIBUTED

When Canadian country singer Sean Hogan finished his sixth album last year, named Phoenix for its title track about coming back from adversity, he had no idea what was coming next.

His album, tour and life had to be put on hold last August when a persistent case of tonsillitis turned out to be oral pharyngeal cancer.

"It's surreal to be told you have cancer," Hogan said. "It's a very surreal thing, and to be going through the treatment, it's like you're in a movie about somebody else."

After surviving a long fall and winter of chemo and radiation therapy, doctors declared him completely cancer-free last month. Next month, he begins touring.

"I have all my energy back. I did my first show last week since July and it was great. I can hit all my notes," he said. "I'm just so grateful to be alive and going forward."

## Annual MS Walk raises thousands

Sunny skies and an important cause drew more than 1,400 participants, many in costume, to lace up at Tunney's pasture on Sunday for this year's MS Walk. Laurel Mackenzie, executive director of the Canadian Multiple Sclerosis Society's Ottawa chapter, said walkers raised $275,000 of this year's $330,000 goal, with more pledge money still coming in. BRIAN HUM/CONTRIBUTED

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Quebec tuition war

## Student group says no to offer of tuition increase over seven years

One of Quebec's most powerful student groups has shot down Premier Jean Charest's revised offer on tuition fees.

The C.L.A.S.S.E. student federation voted against Charest's proposal to stretch the tuition increase over seven years instead of five.

Two other student groups are still debating.

THE CANADIAN PRESS

Transparency?

## Mulcair will push to lift Harper's secrecy veil

NDP Leader Tom Mulcair is working to lift the shroud of secrecy he believes has spread over Ottawa under the Harper government.

In keeping public information under wraps, the Conservatives are unmatched, he says.

THE CANADIAN PRESS

Too big for coyotes?

## Wolves may be back in N.L. and New Brunswick

The sightings of two suspected wolves in Atlantic Canada in recent weeks has experts wondering why the animals may be in a region where they have not been seen for decades.

An 82-pound canine was shot in Newfoundland in early March. At the beginning of April, a 90-pound animal was shot in New Brunswick. The province's Natural Resources Department took samples for DNA testing.

Biologists believe wolves were hunted to extinction in New Brunswick by 1860.

THE CANADIAN PRESS

Hang-gliding death

## Detached from her harness

The RCMP is investigating after a woman, 27, fell to her death from a hang glider in B.C.'s Fraser Valley.

THE CANADIAN PRESS

# Judges to weigh in on jury selection in aboriginal cases

**Ontario Court of Appeal case.** No on-reserve First Nations people were on the juries that convicted two aboriginal men appealing their cases

The makeup of juries in Ontario goes on trial this week as two convicted killers fight their guilty verdicts in a case that goes to the heart of the justice system.

At issue before the province's top court is whether the aboriginal men were treated shabbily because on-reserve First Nations people were excluded from the juries that convicted them.

"Our society has proven to be very efficient at charging First Nations and jailing First Nations," said defence lawyer Julian Falconer.

"We don't seem so good at constructively involving First Nations in the justice system, such as their participation in the jury system," he said.

Last summer, the Ontario Court of Appeal upheld a manslaughter conviction against Clifford Kokopenace as reasonable.

However, in an unusual twist, the court put the ruling on hold in light of the constitutional challenge sparked by the jury-representation issue.

A non-aboriginal jury in Kenora, Ont., convicted Kokopenace in 2008 of stabbing a friend to death.

Also involved in the Court of Appeal hearing is Clare Spiers. He was convicted of first-degree murder in 2007 in Barrie for kidnapping a woman and slitting her throat. No on-reserve residents were among the people offered for his jury.

THE CANADIAN PRESS

High stakes

**A Court of Appeal decision in the appellants' favour would have implications for how the Ministry of the Attorney General selects potential jurors. It might also offer grounds for similar court challenges.**

- **For its part, the Ontario government argues an accused has no "absolute right" to a representative jury.**
- **Ontario also argues that justice officials did their best to ensure representative juries but were stymied by privacy legislation and lack of co-operation by First Nation leaders.**

Canadian on death row

## *Inmate to plead for life at hearing*

The lone Canadian on death row in the United States is expected to make a plea for his life at his clemency hearing in Montana this week.

Ronald Smith, 54, has been on death row since 1982 after he and an accomplice, both high on drugs, marched Thomas Running Rabbit and Harvey Mad Man Jr. into the woods and shot both of them in the head.

It was a cold-blooded crime. They wanted to steal the men's car, but Smith also said he wanted to know what it was like to kill someone.

His is the final name on the list of 16 witnesses put forward by his attorneys for the two-day clemency hearing before the Montana Board of Pardons and Parole beginning Wednesday.

The hearing is being held near the penitentiary where Smith has spent the last three decades.

THE CANADIAN PRESS

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# Weakened al-Qaida still dreaming of U.S. attack

**Mideast.** Terrorist network regrouping a year after the U.S. raid that killed Osama bin Laden

A year after the U.S. raid that killed Osama bin Laden, al-Qaida is hobbled and hunted, too busy surviving for the moment to carry out another 9-11-style attack on U.S. soil.

But the terrorist network dreams still of payback, and U.S. counterterrorist officials warn that, in time, its offshoots may deliver.

A decade of wars in Iraq and Afghanistan that has cost the U.S. about $1.28 trillion and 6,300 U.S. troops' lives has forced al-Qaida's affiliates to regroup, from Yemen to Iraq. Bin Laden's No. 2, Ayman al-Zawahri, is thought to be hiding, out of U.S. reach, in Pakistan's mountains, just as bin Laden was for so many years.

"It's wishful thinking to say al-Qaida is on the brink of defeat," says Seth Jones, a Rand analyst and adviser to U.S. special operations forces. "They have increased global presence, the number of attacks by affiliates has risen, and in some places like Yemen, they've expanded control of territory."

U.S. officials say bin Laden's old team is all but dismantled. But they say new branches are hitting Western targets and U.S. allies overseas, and still aspire to match their parent organization's milestone of Sept. 11, 2001. THE ASSOCIATED PRESS

Top: The site where al-Qaida leader Osama bin Laden was caught and killed in Abbottabad, Pakistan, in May of last year. Bottom: A Pakistani woman and a girl walk yesterday through a path in a field next to the now-demolished house. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

**Shooting**

## Gunman kills 16 in Nigerian attack

A gunmen attacked church services on a university campus Sunday in northern Nigeria, using small explosives to draw out and gun down panicking worshippers in an assault that killed at least 16 people, officials said.

The attackers targeted an old section of Bayero University's campus where religious groups use a theatre and other areas to hold worship services, Kano state police spokesman Ibrahim Idris said. The assault left many others seriously wounded. No group immediately claimed responsibility. However, Idris said the attackers used small explosives packed inside of aluminum soda cans for the assault, a method previously used by a radical Islamist sect known as Boko Haram. THE ASSOCIATED PRESS

## Rebuilding N.Y.C. skyline

One World Trade Center towers above the Lower Manhattan skyline and Hudson River in New York in this March 26 photo. One World Trade Center, the giant monolith being built to replace the twin towers destroyed in the Sept. 11 attacks, will lay claim to the title of New York City's tallest skyscraper on Monday as workers erect steel columns that will make its unfinished skeleton a little over 1,250 feet.

MARK LENNIHAN/THE ASSOCIATED PRESS FILE

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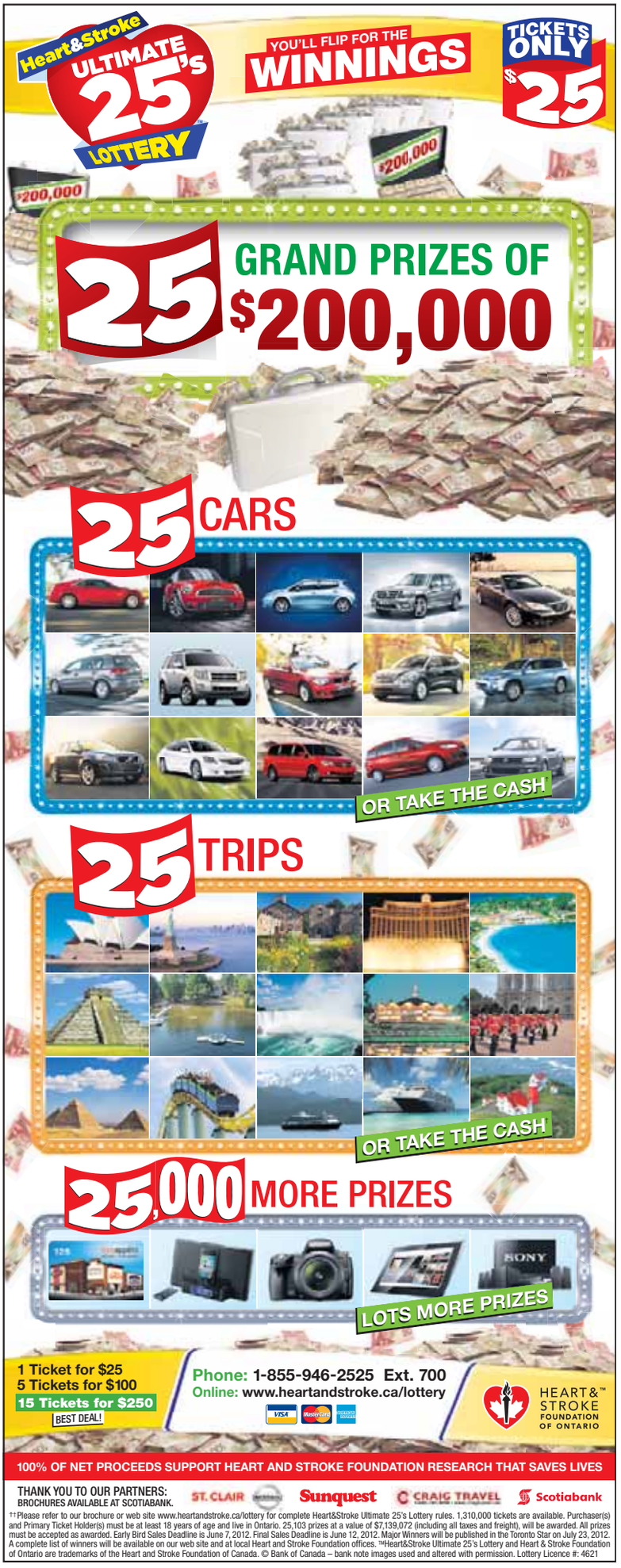
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# Facebook's young co-founder back in the startup game

**Tech trends.** Having seen his code change the world once before, Dustin Moskovitz aims high again with new software company

Dustin Moskovitz, co-founder of the collaborative software company Asana, outside his office in San Francisco. ERIC RISBER/THE ASSOCIATED PRESS

Facebook co-founder and former Mark Zuckerberg roommate Dustin Moskovitz is by many accounts the world's youngest self-made billionaire. But the 27-year-old isn't sipping champagne in the Caribbean.

Instead, he's thrown himself back into San Francisco's startup mix, even as Facebook's looming IPO seems likely to send his wealth spiralling even higher.

Moskovitz and his friend Justin Rosenstein, a former Facebooker himself worth $150 million, head a company called Asana, which just launched the first paid version of its online project-management service.

During a recent interview at their inconspicuous Mission District offices, the pair said they come to work every day because, their fortunes already made, they still have to do something with their lives.

"When we think of work, we think of work as an act of service, as an act of love for humanity," said Rosenstein, 28.

In keeping with the recent startup trend of shunning hierarchies, the pair do not have separate offices, but sit among the 24 other employees at Asana.

**Work ethic**

**"If we were just retired, we wouldn't be serving anyone."**

Dustin Moskovitz, Facebook co-founder and head of Asana, a new project-management startup

Whether Asana's world-changing potential exceeds that of competitors in the crowded project- and task-management software marketplace remains to be seen. Like other similar products, their software lets users set up web-based to-do lists that any group focused on a common goal can use to assign jobs and keep track of what gets done.

Several marquee tech companies have embraced Asana, the company reports, such as Twitter, LinkedIn and Foursquare. Individual backers betting on Asana include venture-capital celebrities like Peter Thiel and Mark Andreessen, as well as several of Facebook's earliest employees.

Moskovitz has signed a pledge initiated by Bill and Melinda Gates and Warren Buffett to give away most of his money. His wife runs his philanthropic foundation, which is still getting off the ground.

For now, he said he's "110 per cent" focused on Asana. To hear Moskovitz tell it, the choice of coming to the office doesn't come at the expense of some wished-for life of luxury.

"It feels very much like a default. Of course you do that," Moskovitz said. "We're fortunate not to have things that would distract us from being able to act." THE ASSOCIATED PRESS

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**Retail**

## Pharmacists lose bid for Zellers injunction

A group of Ontario pharmacists has lost its bid for an injunction barring Zellers from selling their patients' records.

A judge says Zellers owns the records and is entitled to sell them.

The judge also says the retailer has agreed to honour patient-file transfer requests and no harm will flow to the eight pharmacists involved in the claim.

Zellers is closing its 144 pharmacies as part of its sale to U.S.-based Target. THE CANADIAN PRESS

# PLANS, MISSIONS AND MANDATES VERSUS REALITY

URBAN COMPASS
Steve Collins
ottawa@metronews.ca

Some might have found last week's special city-planning summit a bit dry and wonkish, but city officials succeeded in bringing together community associations and developers in an inviting atmosphere where they seemed more likely to forgo the customary arguments with one another in favour of actual discussion. More talking and less shouting is always welcome.

The turnout was impressive and participants seemed genuinely engaged. Guest speakers and planning experts Pamela Blais and Jeffrey Tumlin touted the benefits of higher-density, transit-oriented, multi-use development. In order to hear all this, though, everyone had to trek out to the CE Centre, which is none of the above.

Our brand new exhibition space, conveniently located near the airport and little else, offers a scenic view of the NRC wind tunnel, the Airport Parkway and its own spacious $7-per-vehicle parking lot.

Walking or biking to the CE Centre from most parts of the city would require an uncommon level of commitment and endurance. Public transit will get you there, but the most obvious way to get to the summit — to discuss ways to design future development for people, instead of cars — was to drive there.

A certain amount of irony is probably unavoidable in the normal operation of our public institutions when high-minded plans and mandates bump into messy realities.

The Canadian Museum of Nature, for example, took sharp criticism from the Council of Canadians and other activists last week for accepting a $1-million donation from Barrick, a company best known for digging up chunks of nature and selling them.

Earlier this year, the museum's plan to convert a park area on its west side into a parking lot drew opposition from neighbours who use the green space and loudly wondered how paving it squares with the museum's mission to "increase throughout Canada and internationally, interest in, knowledge of and appreciation and respect for the natural world."

Museum officials said an underground parking lot, which would leave the lawn intact, wasn't feasible because it would require $10 million and our austerity-minded government is not likely to be handing out such cheques to museums anytime soon.

Barrick's million, for which the company got an event space inside the museum renamed after it, will go in part to an exhibit on the Mining Hall of Fame, which is sponsored by industry associations to "celebrate achievements" in Canadian mining.

There's nothing necessarily wrong with such arrangements, but another corporate-sponsored exhibition at the Museum of Science and Technology exhibition, Energy: Power to Choose, came under scrutiny earlier this year because representatives of sponsor Imperial Oil seemed to be trying to influence its content in return for their $600,000 contribution.

When protesters critical of Barrick's record on human rights and the environment gathered outside the Museum of Nature on Tuesday to protest the partnership, police did a good job of letting them have their say while maintaining order, with one possible exception.

The north side of the museum features a large plaza, which would have easily accommodated the protesters and a decent distance between them and the museum entrance. Police, however, decided to maximize the space between the museum and this crowd of Raging Grannies, graduate students and other dangerous elements, erecting a barricade at the sidewalk along McLeod Street.

This left the demonstrators crowded on that sidewalk between the barricade and traffic at McLeod and Metcalfe, with motorists steering around those who strayed off the curb. Despite the impressive contingent of officers on hand for crowd control in front of the museum, nobody seemed to have thought to deploy any for control of the traffic-safety risk they had caused with their own security measures.

So, an urban-planning meeting increased automobile use, the nature museum is paving parkland and teaming up with a resource company, and the cops potentially endangered protesters in their pursuit of public safety. How was your week?

# First year of marriage a '10 out of 10'

MARTIN MEISSNER/THE ASSOCIATED PRESS FILE

**Royal**

## Britain's sweethearts still adored worldwide

It's been a year since they declared their love for each other in the most anticipated wedding of the decade, but 12 months haven't been enough to quell the public passion for the newest royal couple.

Prince William and Kate spent their first year as newlyweds under the sort of global spotlight usually reserved for Hollywood A-listers.

The couple retreated from the spotlight after their nuptials, only to re-emerge with greater star power than ever on their first visit abroad. The newlyweds' nine-day, whirlwind tour of Canada, observers say, showed the couple off at their best.

Their more informal attitudes set the tone for the trip as they freely mingled with rapturous crowds, participated in Canadian sports such as street hockey and faced off against one another in a dragon-boat race. Kate's now legendary fashion sense was also on full display as she modelled outfits from homegrown designers and even donned the national colours in honour of Canada Day.

THE CANADIAN PRESS

**Anniversary**

**"They've covered all the bases. They've had an international trip, they've had local visits, work with charitable causes. They've engaged in their work roles admirably. I think you could really give them a 10 out of 10 when it comes to their performance over the first year."**

Rafal Heydel-Mankoo, royal commentator

**Observers say:**

- Much of Kate's behaviour is the result of lessons learned in the aftermath of previous broken royal marriages.
- William's mother, Diana, and former aunt, Sarah Ferguson, both complained about feeling isolated and overwhelmed in their first years of marriage to royalty. Kate has received extensive coaching on maintaining a balance between public and private responsibilities.

Metropolitan Panel

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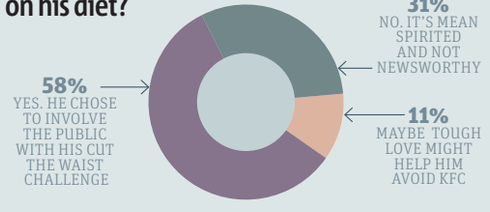
## Do you think Toronto Mayor Rob Ford should face public scrutiny when he cheats on his diet?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Bought the first episode of Walking Dead: the Game! Now to wait for the sun to go down...

**@ZelayaGirl:**
Who am I to judge you on your past boy I bet theres a reason for it all.

**@PhotojLisa:**
All my bags are packed, I'm ready to go... I'm sitting here outside Gate 2 #ottawa #viarail @ VIA Rail http://t.co/wydhCXzA

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2

SCENE

Scene in brief

## Avengers living up to the buzz

**The superhero saga The Avengers is living up to its blockbuster buzz with $178.4 million in overseas ticket sales days before it opens in U.S. theatres.**
**Domestic audiences seem to be in anticipation mode for the movie, which debuts Friday in the United States after launching in 39 other countries a week earlier.**
THE ASSOCIATED PRESS

On the web

**Glee star Chris Colfer writes his ticket in Hollywood with films, books and a Disney pilot**

Daniel Craig stars in Skyfall. HANDOUT

# Get ready for more Bond

**007 is back.** Metro talks to the film's producer and star in the first of a three-part series on the upcoming Bond flick

KIERON MONKS
Metro World News in Buckinghamshire

"Not bad for a physical wreck, James," the villain taunts, as Her Majesty's finest spy rains Walther PPK bullets at him. "You should see my latest toy," he laughs, and an explosion tears through the subway station.

Welcome to Skyfall, Bond 23. At Pinewood Studios in leafy Buckinghamshire, shooting is nearly complete on the latest edition of cinema's longest-running franchise, 50 years after Dr. No introduced us to Mr. Kiss Kiss Bang Bang.

There is a sense of relief on set as, four years after Quantum of Solace, a troubled production nears a happy ending. Studio MGM's bankruptcy delayed filming for a year, an anxious wait for the cast and crew.

"It was driving us crazy," says producer Barbara Broccolli. "It would have been very disappointing not to have a film in our anniversary year. We just kept being focused and kept working."

Eventually the financial problems were resolved by a partnership with Sony, and now that the light of Skyfall's November release is in sight, James Bond himself — Daniel Craig — is feeling confident. "This sets a new benchmark," the 44-year-old said. "The talent that we managed to pool in this movie is just phenomenal."

The delay allowed time for an A-list cast to be recruited on both sides of the camera. American Beauty Oscar-winner Sam Mendes directs, with Javier Bardem and Ralph Fiennes among the new stars.

Despite the injection of heavyweight talent, Craig says fans of the all-action series need not worry the movie will be too serious. "Sam's a boy. He likes to blow shit up." Pyrotechnic sequences to watch out for include a subway train destroying an underground set and a gunfight in a hall of mirrors.

Plot details have been highly classified, but Sony has revealed that MI6 comes under attack, and that Judi Dench's M is somehow responsible.

Bardem plays the criminal mastermind Raoul Silva who leads the assault on Bond and the secret service. Advance shots reveal the targets include Bond's home — Skyfall lodge, seen for the first time in the series' history.

Typically exotic locations include Istanbul and Shanghai, and 007 will have his hands full keeping three stunning Bond girls happy. British singer Adele is likely to perform the theme song. "It would be great if she would do it," Broccolli said.

**Leading ladies**

Pick up tomorrow's Metro to find out what happened to some of our favourite Bond Girls from the past and we'll introduce you to 007's newest lady. Go online to metronews.ca/features for our complete look at 50 years of James Bond movies.

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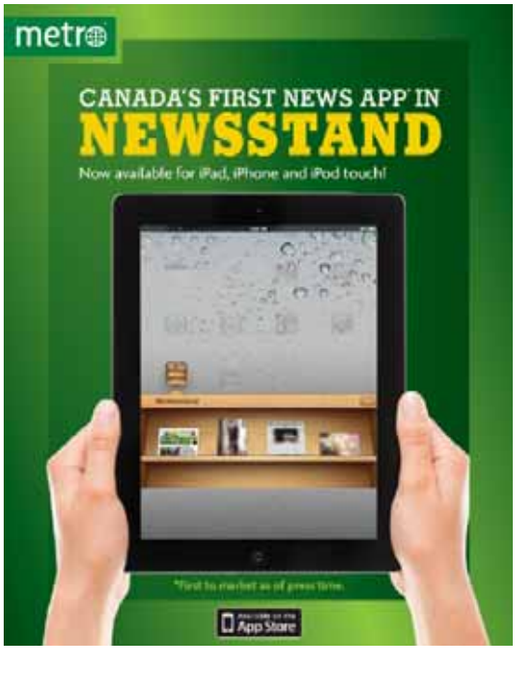

The Word

# A weekend of renewing wedding vows, celebrity-style

THE WORD
Dorothy Robinson
scene@metronews.ca

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Are you a celebrity couple who needs a good reason to send out a press release? But you don't feel like 1) Announcing a pregnancy or 2) Getting a divorce? Then just renew your wedding vows! It's a surefire way to get some attention thrown your way.

First up this weekend? Mariah Carey and Nick Cannon renewed their vows Friday at the Eiffel Tower in Paris. Spokeswoman Cindi Berger said the couple celebrated with an "intimate ceremony after a romantic dinner at the beautiful Jules Verne restaurant." I love how "intimate" these days refers to having a hoard of photographers on the scene — as well as a publicist.

Not to be outdone, LeAnn Rimes and Eddie Cibrian renewed their vows on a romantic trip to Calabasas, Calif., on Friday.

"We renewed our vows today ... it's incredible to thank each other for the past year as husband and wife," Rimes tweeted. "Here's to another great year!"

You know, it's probably bad form to be so cynical. After all, with the way Hollywood marriages last, recognizing any amount of time together without getting divorced should be celebrated.

# Why Charlize is still single

Ever wonder why a stunner like Charlize Theron is still single? She (jokingly) blames Tom Hanks and Daryl Hannah (as well as the state of the movie-making industry) for a lack of a wedding ring.

"If I knew that 3D was going to be such a big deal, I would have gotten that boob job 10 years ago," Theron quipped while accepting a Distinguished Decade of Achievement in Film award at CinemaCon last week, according to Us Weekly. She also took a moment to celebrate the power of movies.

"I think we really learn from these stories," she said. "I mean, I learned everything about love watching Splash. That's why I'm still single, so thanks, Tom Hanks and Daryl Hannah for that."

# Bieber's comments land him in trouble

Justin Bieber is under fire in Indonesia after some offhand remarks he made about the country, where he recorded a track on his new album.

During an event in London last week, Bieber said the song was recorded in "some random country" where "they didn't know what they were doing." And now folks in Indonesia are striking back: this weekend, North Sumatra teen pop radio station KISS 105 FM banned Bieber's music, according to the Jakarta Post.

"His tone was very condescending and he is just a 19-year-old boy. This is a country with more than 200 million citizens," Kiss FM executive producer Anggi Simanjuntak says, while one of the station's on-air personalities says the ban would be lifted if Bieber "apologized in a sweet manner and promised not to say such things about Indonesia again."

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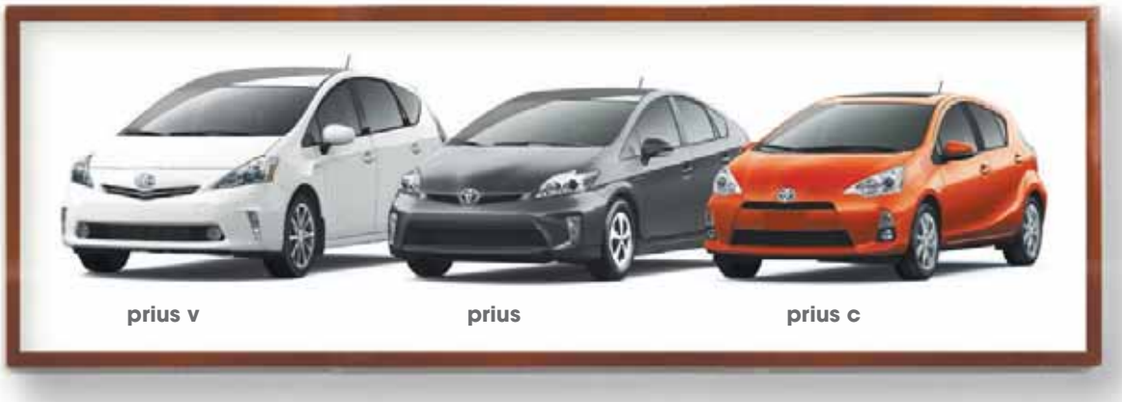


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3 LIFE

Guidelines

## Cancer survivors

The American Cancer Society is recommending that cancer survivors exercise more and improve their diets to help prevent the disease from coming back.

On Thursday, the society released new guidelines, saying there's now enough evidence to strongly recommend physical activity and better nutrition for survivors.

The message: For many cancers, maintaining a healthy weight, exercising and eating a healthy diet can reduce the risk that cancer will return.

At least two other organizations have issued similar advice.

THE CANADIAN PRESS

On the Web

University creates splash in medical world with new surgery simulation centre

Use websites as a tool to foster activities, not as a babysitter, says Krista Swanson of yummymummyclub.ca. ISTOCK

# Clicking for little hands

**Internet.** More websites are being geared to children

DELIA MACPHERSON
Metro News

Are they safe? Are they educational? Do we really want to encourage our kids to hang out in front of a computer screen all day?

Krista Swanson, a blogger for yummymummyclub.ca, says computing for a kid is a new reality.

"We can't say kids 'shouldn't' be on the computer because other kids are," says Swanson, "As long as you know they're safe."

The mother of a five-year-old boy says she stills thinks parents should "limit screen time."

And there really is no "right" amount of time either, says Swanson.

Parents have to know their kids and their kids' limits to determine a healthy amount of time to be in front of a computer, she adds.

It's easy for kids to become obsessed with an activity if they really like it, be it reading, sports or surfing the web, Swanson says

"When they are on the computer, you don't just walk away," says Swanson. "Use it as a tool to build conversations or foster activities. Don't just use it as a babysitter."

One kids' website that meets Swanson's approval is totallyrandom.ca, a new (and Canadian!) site targeting kids aged seven to 11.

"Totally Random introduces kids to editing digital media and safe social networking," says Chelsea O'Connor, the production manager for totallyrandom.ca. "We give the kids challenges on the website so they have a starting point for their creativity."

The site combines television broadcasts hosted by three kids with interactive computer gaming.

Kids create a profile with an avatar name and animation. They have access to a number of creative tools to create and edit artwork, or they can watch Totally Random "episodes" online.

Swanson says totallyrandom.ca is colourful and easy for kids to figure out.

"One of the great things about Totally Random is there's no way for them to accidentally click off the site," says Swanson. "Some of the more 'cheaply done' sites have advertisements that may not apply to kids.

Even if some of the games kids end up playing on the computer are mindless, Swanson says there is educational value in everything. Kids are still practicing motor skills by interacting with the computer and mouse, the same way they might learn those skills from playing board games.

# Challenges of controlling teen diabetes

**Research.** New study shows that if overweight teens develop Type 2, they'll have a hard time managing it

New research sends a stark warning to overweight teens: If you develop diabetes, you'll have a very tough time keeping it under control.

A major study, released Sunday, tested several ways to manage blood sugar in teens newly diagnosed with diabetes and found that nearly half of them failed within a few years and one in five suffered serious complications.

The federally funded study is the largest look yet at how to treat diabetes in teens. Earlier studies mostly have been in adults, and most diabetes drugs aren't even approved for youths. The message is clear: Prevention is everything.

"Don't get diabetes in the first place," said Dr. Phil Zeitler of the University of Colorado Denver, one of the study leaders.

A third of American children and teens are overweight or obese. They are at higher risk of developing Type 2 diabetes, in which the body can't make enough insulin or use what it does make to process sugar from food. Until the obesity epidemic, doctors rarely saw children with Type 2 diabetes. The more common kind of diabetes in children is Type 1, which used to be called juvenile diabetes.

Doctors usually start Type 2 treatment with Metformin, a pill to lower blood sugar. If it still can't be controlled, other drugs and daily insulin shots may be needed. The longer blood sugar runs rampant, the greater the risk of suffering vision loss, nerve damage, kidney failure, limb amputation, heart attacks and strokes.

The goal of the study was simple: What's the best way for teens to keep diabetes in check? The study involved 699 overweight and obese teens recently diagnosed with diabetes. All had their blood sugar normalized with Metformin, then were given one of three treatments to try to maintain that control: Metformin alone, metformin plus diet and exercise counselling, or metformin plus a second drug, Avandia.

After nearly four years, half in the Metformin group failed to maintain blood sugar control. The odds were a little better for the group that took two drugs but not much different for those in the lifestyle group.

Even so, Zeitler said doctors would not recommend this combination drug therapy because Avandia has been linked to higher risk of heart attacks in adults. Those risks became known after this study had started.

Among all the teens in the study, 1 in 5 had a serious complication such as very high blood sugar, usually landing them in the hospital.

The results were published online Sunday by the New England Journal of Medicine and presented at a pediatric meeting in Boston. The National Institutes of Health funded the study and drug companies donated the medications.

The "discouraging" results point to the need to create a healthier "eat less, move more" culture to help avoid obesity that contributes to diabetes, Dr. David Allen of the University of Wisconsin School of Medicine and Public Health wrote in an accompanying editorial.

Judith Garcia still struggles to manage her diabetes with Metformin and insulin years after taking part in the study at Children's Hospital Los Angeles. She has to remember to watch her diet and set aside time to exercise.

"Trust me, I'm working on it," said the 19-year-old who lives in Commerce, Calif.

Kelsi Amer, a 14-year-old high school freshman from Patriot, Ind., knows how tough it is to keep her blood sugar from skyrocketing. Diagnosed at age 12, she takes Metformin and gives herself insulin shots before school and at bedtime.

There are times when she has to miss class because she has to prick her finger to check her blood sugar or go with her mother to Cincinnati Children's Hospital Medical Center for check-ups.

"I try real hard and all of a sudden, I'm back to high blood sugar" levels, said Kelsi, who was not part of the research.

THE ASSOCIATED PRESS

A new study shows that if overweight teens develop diabetes, they will have a very difficult time controlling it. ISTOCK

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# Deep-fried-vegetarian delights make perfect appy

This recipe serves six as a starter. THE CANADIAN PRESS HANDOUT

## Blue Cheese Fritters.

Serve these tasty bites hot with salad and a fruit coulis

A fritter is food, either savoury or sweet, that has been coated in batter and deep-fried.

These blue cheese fritters are best when they're served hot with salad leaves and a fruit coulis.

If you're serving this Blue Cheese Fritters recipe as a main dish, it'll make enough fritters for four people.

**1.** In a medium pan, add water and butter and bring to a boil; stir in flour, beating well until mixture forms a thick consistency which starts to coat the sides of the pan.

**2.** Remove from heat and gradually beat in eggs. Let cool until just warm and then add cheeses and seasoning.

**3.** Heat sufficient oil to allow for deep frying, then drop spoonfuls of batter into hot oil and cook until puffed and golden. Cook up to 4 fritters at a time.

**4.** Drain and serve hot.

THE CANADIAN PRESS/ROSENBORG CASTELLO, ROSENBORG.COM

**Ingredients**

- 300 ml (1 1/4 cups) water
- 125 ml plus 15 ml (1/2 cup plus 1 tbsp) butter
- 250 ml (1 cup) all-purpose flour, sifted
- 3 eggs, beaten
- 100 g (3 1/2 oz) mellow blue cheese, roughly chopped
- 100 g (3 1/2 oz) fontina cheese, grated
- Salt and black pepper, to taste
- Oil, for frying

**Healthy eating**

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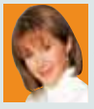

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**Sometimes, the choice we think is healthy is quite the opposite. That's often the case with soups, which tend to hide their fat content in their titles.**

### Druxy's Tomato Red Pepper Bisque

**350 calories/ 24 g fat**

Tomatoes and red peppers are healthy, but chances are there's added cream, butter or oil to account for the calories and fat.

### Equivalent

One Druxy's Tomato Red Pepper Bisque is equal to four McCain three-cheese mini pizzas in fat.

### Beef Chili

**204 calories/ 3 g fat**

Normally, beef chili has excess calories and fat but Druxy's uses more vegetables than beef, making this a great lunch item.

# Fritter, fritter pumpkin eater

**Ingredients**

**Almond Crusted Pumpkin Fritters**

- Squash (1 small raw)
- 1/2 lb (227 g) cooked russet potato (1 large raw)
- 2 tbsp (30 mL) extra virgin olive oil
- 1 tbsp (15 mL) crushed chili flake
- 1 cup (250 mL) salt
- 3 tbsp (45 mL) chopped sage
- 1 oz (30 g) grated Parmesan
- 1 oz (30 g) grated cheddar
- 1 egg yolk
- zest of half a lemon
- 4 eggs
- 1 1/2 cup (375 mL) all purpose flour
- 1 1/2 cup (375 mL) toasted crushed almonds
- salt and pepper, to taste
- 1 bag microgreens

**Almond Crusted Pumpkin Fritter Sauce**

- 1/2 cup (125 mL) sour cream
- 1/4 tsp (1 mL) finely chopped Thai chili
- 2 tbsp (30 mL) chopped chives
- 1 tbsp (15 mL) lemon zest
- 1 1/2 tsp (7 mL) lemon juice
- 2 tsp (10 mL) maple syrup
- 1 tsp (5 mL) kosher salt
- 1/2 tsp (2 mL) cracked black pepper

Chef Anthony Rose of the trend-setting Drake Hotel in Toronto, is a consummate pro at using almonds to create comforting, delicious and unexpected dishes.

"I love the rich, buttery flavour and crunch of toasted almonds," Rose explains. "They make the perfect addition to any dish, whether a starter, main course or even in desserts and cocktails."

Here he uses almonds with pumpkin to create pumpkin fritters.

**1.** Set oven to 350°F (190°C). Split squash width-wise and scrape out seeds. Drizzle each half with olive oil, and sprinkle with chili flakes, a pinch of salt and pepper and let sit for 20 minutes.

**2.** Meanwhile, stab each potato four times around with a fork. Line another sheet pan with the cup of salt and place the potatoes on top. Place squash face-down on a parchment lined sheet tray.

**3.** Bake both squash and potatoes in the oven for one hour or until soft. Remove from the oven, carefully split open potatoes lengthwise to steam, and allow all to cool completely.

**4.** When cool, scoop out squash and potato into bowl and add sage, Parmesan, cheddar, egg and lemon zest, and season with salt and pepper. Combine thoroughly; a chunky texture is fine.

**5.** Prepare fritters for frying. Set up three bowls and one parchment lined sheet tray. In one bowl, whisk together eggs; place almonds and flour separately in two other bowls.

**6.** With a large spoon, take about 2 tbsp (30 mL) of squash mixture and form an oval; dredge with flour, dip in egg and roll in almonds before placing onto the sheet pan. Repeat with remaining squash and refrigerate until ready to fry.

**7.** In a deep, heavy bottomed pan, heat oil to 300°F (150°C) and carefully pan fry the fritters until golden brown on each side, approximately 2 ½ minutes each side. Remove from oil and drain on paper towel and sprinkle with a pinch of salt. Serve hot on a small bed of microgreens with or without sauce.

**8.** Sauce: In a bowl, thoroughly combine all ingredients. Store refrigerated in an airtight container for at least one day before serving. Mix thoroughly before serving. NEWS CANADA

This recipe makes 16 to 20 servings. NEWS CANADA

Queen of Green

# Scrubbing away toxins

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

**My kid likes to drink the bathwater. I'm concerned about the cleaning products I use to clean the tub. What's the safest option?**
**Laura — Victoria**

It's time to end toxic relationships with your cleaners and I can help. Join me at springbreakup.ca!

Fact: Phthalates, chlorine bleach, ammonia, sodium laureth sulphate, ethoxylated alcohols and fragrance are all commonly found in household cleaners and are linked to a range of health issues, including asthma, cancer, allergies and multiple chemical sensitivities.

Repeated exposure to small amounts of these chemicals can cause long-term health problems. Kids are especially vulnerable.

Here are five tips to help you make safer product choices:

**Read the label.**

Avoid hazard symbols whenever possible. Opt for products with ingredients disclosed on the label, and check for chemicals of concern. When companies won't disclose what's in their products, it makes you wonder what they have to hide.

**Go fragrance-free.**

Fragrance is a mix of chemicals that can trigger allergies, migraines and asthma symptoms.

**Avoid dyes.**

Most dyes are derived from petrochemicals—an unnecessary addition.

**Choose eco-friendly cleaners.**

Green options contain no ingredients that could be harmful to your health or the environment.

They're readily biodegradable — in less than 28 days — and contain no phosphates or phthalates. And, they use plant-based rather than petroleum-based ingredients.

**Make your own.**

The best way to know what's in your cleaning products is to make them yourself.

Tested by the Queen of Green, my homemade cleaners are versatile, affordable and eco-friendly. And many ingredients are food-grade.

All-purpose scour recipe (a non-abrasive for tubs, tiles, sinks and more).

Combine 1 and 2/3 cup of baking soda (cheapest when bought in bulk), ½ cup liquid castle soap, ½ cup of water and 2 tablespoons of white vinegar. Mix and apply with cloth or sponge and rinse well.

# A sweet way to sustain Africa

**Chocolatey charity.** Cadbury rallying Canadians to help send bicycles to those who need them most

BEN KNIGHT
life@metronews.ca

A little thing here can make a huge difference somewhere else.

That's the simple thought behind The Bicycle Factory, an innovative plan by Cadbury to send bicycles to Africa.

"We rally Canadians to help build bicycles for rural cocoa-growing communities in Ghana," says Aditi Burman, senior promotions manager at Kraft Foods, parent company of Cadbury.

"It's an interactive website — thebicyclefactory.ca — and what people do is they click on Cadbury product icons and turn them into bike parts. Every 100 parts turn into a real bike, until we reach this year's goal of 5,000 bikes."

The idea is to help sustain the farming communities that grow the most essential raw material for Cadbury's chocolate.

"The bikes go to middle-school students who live three-to-ten kilometres away from their school," she explains.

"So it actually helps to increase access to education. These students are at the highest risk of dropping out of school, because they live too far away. Cadbury has been very active in Ghana, to help the communities in many different ways."

Often, we think of sustainability in terms of natural resources. Here's a chance to apply that same important principle directly to the future of some bright, clever, curious kids.

"It's a different, deeper level of sustainability. What we ultimately want to do is sustain the livelihood of our cocoa growers. This is another way in which we can do it."

Burman notes that a bicycle means something very different in Ghana than it does here in Canada.

"Canadians think about bikes for fun, fitness and fresh air, and they're great for the environment, of course. Our relation with bikes is really as an alternative to a car. But in places like rural Africa, bikes are actually an alternative to walking. It's a basic mobility issue."

One lucky Bicycle Factory builder will have a chance to experience all this first-hand.

"The grand prize is that someone will actually have the chance to deliver the bicycles in Ghana. There's a lot of fun things going on."

To get involved visit: thebicyclefactory.ca.

By the numbers

**13,000**

The number of badly needed bicycles Cadbury's Bicycle Factory has delivered to youngsters in Ghana since 2009.

Bicycles give students in Ghana better access to schools. Get involved and donate a bike. HANDOUT

# Success in the sun: Business looks bright for entrepreneur

**Quebec to the Caribbean.** Pierre Ferland has arrived

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Pierre Ferland smiles as he walks through his restaurant in St. Maarten, greeting and talking to customers in English and French. He waves to the police chief who has come in for lunch and stops to help a busy waiter.

**Tricks of the travel**

**"Self-discipline is the only thing that will get you through. You also have to learn how to control being homesick so I fly home a lot."**
Pierre Ferland

Pineapple Pete's is an island hotspot.

Born on a farm outside of Quebec City, Pierre started his own business at the age of nine selling fishing worms, and with his savings went on to put himself through university.

With a love for the hospitality industry his travels took him all the way to the Caribbean.

"It was a feeling when I landed. I just loved St. Maarten".

The year was 1996 and today he is the proud owner of five businesses on the island employing over 80 people.

"Self-discipline is the only thing that will get you through.

You also have to learn how to control being homesick so I fly home a lot," he says with a smile.

Ferland also gives back to the island supporting local churches, charities, sports teams, musicians and authors.

"I was helped, so now I give back because I like to see people succeed."

**World wise**

**On being successful in another country:**

- Do your homework and learn about the market, the labour force, work permits and taxes.
- Choose a business you have experience in because you can't rely on someone to run it for you.
- Check your supplies and adapt to what you can get in your geographic region.
- Have self-discipline and stay away from tourist temptations like gambling and drugs.
- Balance your family life with work. I give 200 per cent every time I'm here but I have two kids and I just want to be a perfect dad.

Pierre Ferland is affectionally referred to as Head Pineapple by his staff. PROVIDED

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# Summer studies: Thinking outside the books

**Brainy on the beach?**
Having to learn during the warm summer months is getting slightly easier

JUDY WEIGHTMAN
Metro World News in Philadelphia

You don't necessarily have to be stuck at a desk this coming summer. D SHARON PRUITT/FLICKR

Because people have other things they want — or need — to do in summer besides attend class, most schools offer a variety of ways to take summer courses.

"Summer is not part of the traditional school calendar," says Margi Wallace, director of the Center for Summer Learning at Arcadia University in Pennsylvania.

"But there's been a real paradigm shift to going to school year-round. Whether you want to catch up, stay on track or get ahead, taking a summer course may be the answer."

There are a variety of options:

**Accelerated classes**
Accelerated classes are in-person classes that complete a semester's worth of material in seven weeks, meeting either more days per week or more hours per class. Most schools offer two or three summer terms.

If you start a course in May, you can be done by the end of June, and still have two months of summer for working or travel.

**Hybrid sessions**
Hybrid classes combine in-person sessions — usually at the beginning of the term —with online assignments.

If you've never taken an online course, Wallace recommends starting out with a hybrid. "Online requires a lot of discipline, even more so in a seven-week term," he says.

"Hybrid courses offer both convenience and structure."

**Knowledge via the net**

**Web-based**

- Online classes enable you to head down to the shore for the summer and still take a class. With online classes, you can do your school work at midnight or at noon, whatever works for your schedule.

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# 4 SPORTS

NBA

**"If I'd have missed it, then I'd have had to walk off the court and deal with it and learn from it. But I'm glad I made it."**

Oklahoma City forward Kevin Durant, who hit a foul-line jumper with 1.5 seconds left to lift the Thunder to a 99-98 win in their playoff opener versus the Dallas Mavericks in Game 1 of their first-round series.

Golf

## *Dufner tops Els in Zurich Classic playoff*

Jason Dufner beat Ernie Els with a birdie on the second hole of a playoff Sunday in the Zurich Classic to win for the first time in 164 starts on the PGA Tour. Entering the fourth round with a two-shot lead, Dufner shot a 2-under 70 at TPC Louisiana, while Els had a 67 to match Dufner at 19-under 269. Graham DeLaet of Weyburn, Sask., entered the final round two strokes back of the lead. He had a bogey on the fourth hole but birdied on the 10th and 18th to card a 71 and finish tied for fourth at 16-under 272.

THE ASSOCIATED PRESS

On the web

Washington's Alexander Semin, who was stellar in a first-round upset of the Boston Bruins, skated on the fourth line in practice on Sunday after taking some ill-advised penalties in the Capitals Game 1 loss to the New York Rangers. Scan the code for the story.

Doping

### Lifetime bans deemed unlawful

A person familiar with the ruling said Sunday that Britain's last attempt to keep former doping offenders off its Olympic teams has failed, with the Court of Arbitration for Sport declaring the lifetime bans unlawful. THE ASSOCIATED PRESS

MLB

### Encarnacion powers Jays past Mariners

Edwin Encarnacion homered for the third straight day and Henderson Alvarez pitched six-plus innings for his first win of the season as the Toronto Blue Jays defeated the Seattle Mariners 7-2 on Sunday at Rogers Centre. Encarnacion hit a grand slam Saturday and a solo shot Friday. THE CANADIAN PRESS

Edwin Encarnacion ABELIMAGES/GETTY IMAGES

NBA

### Parker's offence leads Spurs to win

Tony Parker scored 28 points and the San Antonio Spurs won their first playoff opener in four years, beating the Utah Jazz 106-91 in Game 1 of their first-round series Sunday.

THE ASSOCIATED PRESS

Tennis

**"This is the hardest match I had on clay court this season."**

**Rafael Nadal,** who became the first player in the Open Era to win two tournaments seven times after beating David Ferrer 7-6 (1), 7-5 in Sunday's Barcelona Open final.

# Briere kicks it into high gear

**NHL.** Crafty centre's legend in Philadelphia continues to grow after coming through for Flyers in overtime

Game 1

| Flyers | Devils |
|---|---|
| 4 | 3 |

Danny Briere had two chances to celebrate his overtime winner.

The first time, his goal didn't count.

The second time, Briere left no doubt and put away Game 1, once and for all.

Briere continued to stamp his name alongside Philadelphia's post-season greats, scoring the winning goal 4:36 into overtime, leading the Flyers to a 4-3 win over the New Jersey Devils on Sunday to open this Eastern Conference semifinal series.

"He has his ups and downs, but he just picks it up in the playoffs. And that's what matters," Flyers coach Peter Laviolette said. "He's a guy who consistently gets it done."

Indeed, no Flyer is as clutch in the post-season as Briere.

His second attempt at the winner came minutes after his earlier goal was overturned on review because he kicked the puck into the net. But he wasted no time making up for it, firing a slapper past Martin Brodeur for his seventh goal of the playoffs.

Brodeur was screened in front by Philadelphia forward James van Riemsdyk.

"When you look at the replay, it's kind of obvious," Briere said of the reversal. "But I needed to stop pouting and get back my focus in overtime. I ended up getting a break."

In doing so, Briere, who also scored in the second period, now has 106 points in 104 career post-season games.

"Is it pressure? I think it's fun," he said of playoff hockey. "When I have the opportunity, like I've had the past few years here, I try to take advantage of the opportunities."

The Flyers took the series lead in their first game in a week after eliminating Pittsburgh in Game 6 last Sunday. The weary Devils, meanwhile, played their third consecutive overtime game after defeating Florida in Games 6 and 7 to win their first-round series.

"I thought we played real well in the first," New Jersey coach Peter DeBoer said. "We just couldn't keep it up."

THE ASSOCIATED PRESS

Flyers centre Danny Briere celebrates his overtime goal against the Devils on Sunday in Philadelphia. ALEX BRANDON/THE ASSOCIATED PRESS

Between the pipes

## *Bryzgalov tops Brodeur in opener*

Flyers fans who have suffered through decades of goaltending woes took great delight in chanting "Mar-ty! Mar-ty!" at goaltender Martin Brodeur.

The three-time Stanley Cup champion has faced the Flyers four other times in the post-season, winning two.

Opposing Brodeur was Ilya Bryzgalov, who had two shutouts and won all three starts versus the Devils in the regular season. He allowed one goal on 76 shots.

Bryzgalov made 23 saves to Brodeur's 32 in Game 1.

Brodeur will celebrate his 40th birthday next Sunday when the teams play Game 4 in New Jersey.

THE ASSOCIATED PRESS

# NBAers blame injuries on condensed sked

Trainers tend to Bulls star Derrick Rose after the point guard tore his left anterior cruciate ligament on Saturday. NAM Y. HUH/THE ASSOCIATED PRESS FILE

The NBA's compressed schedule, with 66 games in four months followed by one day off before the playoffs, was tough on everyone.

Did it cause more injuries?

"Yeah, probably," Chicago's Joakim Noah said.

What about the torn ACLs that ended the season for Derrick Rose and Iman Shumpert on Saturday?

Unlikely, said a surgeon.

"There is no evidence that wear and tear, or that kind of issue, playing too much, really has any correlation with ACL injuries in any sport that we've ever studied," Dr. David Altchek from the Hospital for Special Surgery in New York said Sunday.

Rose, last season's MVP, was hurt in the final minutes of Chicago's Game 1 victory over Philadelphia, and the Knicks' Shumpert went down a short while later. The blame game started soon after, with many pointing the finger at the hectic post-lockout schedule.

Boston centre Jermaine O'Neal, whose season ended early after wrist surgery, wrote on his Twitter page that it was a "clear sign" of fatigued bodies from a condensed season, writing "2 torn acl injuries to key players!"

THE ASSOCIATED PRESS

Quoted

**"There's absolutely no issue there.... We're very optimistic that he'll come back at 100 per cent, 110 per cent."**

**Chicago Bulls GM Gar Forman,** who backed coach Tom Thibodeau's decision to have Derrick Rose play late into Saturday's 103-91 win over the Philadelphia 76ers.

# MLB

## AMERICAN LEAGUE

### EAST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Baltimore | 14 | 8 | .636 | — |
| Tampa Bay | 13 | 8 | .619 | ½ |
| New York | 12 | 9 | .571 | 1½ |
| Toronto | 12 | 10 | .545 | 2 |
| Boston | 10 | 11 | .476 | 3½ |

### CENTRAL DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Cleveland | 11 | 9 | .550 | — |
| Chicago | 11 | 11 | .500 | 1 |
| Detroit | 11 | 11 | .500 | 1 |
| Kansas City | 6 | 15 | .286 | 5½ |
| Minnesota | 6 | 15 | .286 | 5½ |

### WEST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Texas | 16 | 5 | .762 | — |
| Oakland | 11 | 12 | .478 | 6 |
| Seattle | 11 | 12 | .478 | 6 |
| Los Angeles | 7 | 15 | .318 | 9½ |

**Yesterday's results**
N.Y. Yankees 6, Detroit 2
Cleveland 4, L.A. Angels 0
Toronto 7, Seattle 2
Baltimore 5, Oakland 2
Chicago White Sox 4, Boston 1
Minnesota 7, Kansas City 4
Tampa Bay at Texas, 8:05 p.m.
**Saturday's results**
L.A. Angels 2, Cleveland 1
Kansas City at Minnesota, ppd., rain
Detroit 7, N.Y. Yankees 5
Toronto 7, Seattle 0
Baltimore 10, Oakland 1
Boston 1, Chicago White Sox 0
Texas 7, Tampa Bay 2
**Tonight's games**
**All Times Eastern**
Baltimore (Hammel 3-0) at N.Y. Yankees (Kuroda 1-3), 7:05 p.m.
Kansas City (Hochevar 2-1) at Detroit (Below 2-0), 7:05 p.m.
Texas (Darvish 3-0) at Toronto (Drabek 2-1), 7:07 p.m.
Oakland (Milone 3-1) at Boston (Buchholz 2-1), 7:10 p.m.
Seattle (F.Hernandez 2-1) at Tampa Bay (Hellickson 3-0), 7:10 p.m.
Minnesota (Blackburn 0-2) at L.A. Angels (C.Wilson 2-2), 10:05 p.m.

### BLUE JAYS 7, MARINERS 2

| Seattle | ab | r | h | bi | Toronto | ab | r | h | bi |
|---|---|---|---|---|---|---|---|---|---|
| Figgins lf | 4 | 1 | 1 | 1 | YEscor ss | 5 | 0 | 1 | 0 |
| Ackley 2b | 5 | 0 | 1 | 0 | KJhnsn 2b | 3 | 0 | 1 | 1 |
| ISuzuki rf | 4 | 0 | 0 | 0 | Bautist rf | 4 | 1 | 1 | 0 |
| Liddi 1b | 4 | 0 | 0 | 0 | Lind 1b | 4 | 0 | 0 | 0 |
| Seager 3b | 4 | 0 | 1 | 0 | Encrnc dh | 1 | 2 | 1 | 1 |
| MSndrs cf | 3 | 0 | 1 | 0 | Thams lf | 3 | 0 | 1 | 0 |
| Olivo c | 4 | 1 | 2 | 1 | RDavis ph | 0 | 1 | 0 | 0 |
| Jaso dh | 3 | 0 | 1 | 0 | BFrncs lf | 0 | 0 | 0 | 0 |
| Kawsk ss | 3 | 0 | 1 | 0 | Lawrie 3b | 4 | 1 | 1 | 2 |
| Rasms cf | 4 | 1 | 1 | 0 | | | | | |
| Mathis c | 4 | 1 | 1 | 2 | | | | | |
| **Totals** | **34** | **2** | **8** | **2** | **Totals** | **32** | **7** | **8** | **6** |

| | | | | |
|---|---|---|---|---|
| **Seattle** | **100** | **000** | **001** | **2** |
| **Toronto** | **000** | **011** | **05x** | **7** |

E—Olivo 2 (3). LOB—Seattle 9, Toronto 6. 2B—Ackley (6), Seager (7), M.Saunders (8), Jaso (1), Y.Escobar (3), Thames (3), Lawrie (1). HR—Figgins (2), Olivo (2), Encarnacion (7), Mathis (2). SB—Olivo (1), Bautista (2), Encarnacion (4). S—Figgins.

| | IP | H | R | ER | BB | SO |
|---|---|---|---|---|---|---|
| **Seattle** | | | | | | |
| Vargas L,3-2 | 6 | 4 | 2 | 2 | 3 | 4 |
| Delabar | 1 1-3 | 2 | 2 | 2 | 0 | 1 |
| Furbush | 2-3 | 2 | 3 | 3 | 1 | 1 |
| **Toronto** | | | | | | |
| H.Alvarez W,1-2 | 6 | 6 | 1 | 1 | 3 | 1 |
| E.Crawford H,1 | 1 | 0 | 0 | 0 | 0 | 0 |
| Janssen H,1 | 1 | 0 | 0 | 0 | 0 | 0 |
| Cordero | 1 | 2 | 1 | 1 | 0 | 1 |

H.Alvarez pitched to 1 batter in the 7th.
HBP—by Delabar (Encarnacion). WP—Cordero.
Umpires—Home, Vic Carapazza; First, Gerry Davis; Second, Greg Gibson; Third, Manny Gonzalez.
T—2:36. A—22,320 (49,260).

## NATIONAL LEAGUE

### EAST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Atlanta | 14 | 8 | .636 | — |
| Washington | 14 | 8 | .636 | — |
| New York | 13 | 9 | .591 | 1 |
| Philadelphia | 10 | 12 | .455 | 4 |
| Miami | 8 | 13 | .381 | 5½ |

### CENTRAL DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| St. Louis | 14 | 8 | .636 | — |
| Cincinnati | 11 | 11 | .500 | 3 |
| Milwaukee | 10 | 12 | .455 | 4 |
| Pittsburgh | 9 | 12 | .429 | 4½ |
| Chicago | 8 | 14 | .364 | 6 |
| Houston | 8 | 14 | .364 | 6 |

### WEST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Los Angeles | 16 | 6 | .727 | — |
| San Francisco | 12 | 10 | .545 | 4 |
| Arizona | 11 | 11 | .500 | 5 |
| Colorado | 10 | 11 | .476 | 5½ |
| San Diego | 7 | 16 | .304 | 9½ |

**Yesterday's results**
Arizona 8, Miami 4
Cincinnati 6, Houston 5
Chicago Cubs 5, Philadelphia 1
Atlanta 4, Pittsburgh 3
Milwaukee 3, St. Louis 2
N.Y. Mets 6, Colorado 5, 11 innings
San Francisco 4, San Diego 1
L.A. Dodgers 2, Washington 0
**Saturday's results**
St. Louis 7, Milwaukee 3
Cincinnati 6, Houston 0
Philadelphia 5, Chicago Cubs 2
Miami 3, Arizona 2
Pittsburgh 4, Atlanta 2
N.Y. Mets 7, Colorado 5
San Francisco 2, San Diego 1
L.A. Dodgers 4, Washington 3, 10 innings
**Today's games**
**All Times Eastern**
Arizona (Corbin 0-0) at Miami (Buehrle 1-3), 12:40 p.m.
Chicago Cubs (Volstad 0-3) at Philadelphia (Worley 2-1), 7:05 p.m.
Pittsburgh (Ja.McDonald 0-1) at Atlanta (Minor 2-1), 7:10 p.m.
N.Y. Mets (Dickey 3-1) at Houston (Norris 1-1), 8:05 p.m.
L.A. Dodgers (Harang 1-1) at Colorado (Nicasio 1-0), 8:40 p.m.
Milwaukee (Wolf 1-2) at San Diego (Wieland 0-3), 10:05 p.m.

# LACROSSE

## NLL

### EAST DIVISION

| | GP | W | L | Pct. | GF | GA | GB |
|---|---|---|---|---|---|---|---|
| y-Toronto | 16 | 9 | 7 | .563 | 198 | 196 | - |
| x-Rochester | 16 | 7 | 9 | .438 | 191 | 197 | 2 |
| x-Philadelphia | 16 | 7 | 9 | .438 | 176 | 207 | 2 |
| x-Buffalo | 16 | 7 | 9 | .438 | 198 | 204 | 2 |

### WEST DIVISION

| | GP | W | L | Pct. | GF | GA | GB |
|---|---|---|---|---|---|---|---|
| y-Calgary | 16 | 12 | 4 | .750 | 216 | 170 | - |
| x-Colorado | 16 | 11 | 5 | .688 | 217 | 201 | 1 |
| x-Minnesota | 16 | 9 | 7 | .563 | 202 | 190 | 3 |
| x-Edmonton | 16 | 6 | 10 | .375 | 167 | 175 | 6 |
| Washington | 16 | 4 | 12 | .250 | 179 | 204 | 8 |

**x** — clinched playoff berth.
**WEEK 17**
**Saturday's results**
Toronto 12 Edmonton 11
Minnesota 16 Colorado 13
Rochester 9 Philadelphia 7
Buffalo 17 Washington 16 (OT)
**END OF REGULAR SEASON**

# NHL

## STANLEY CUP PLAYOFFS

**All Times Eastern**

### CONFERENCE QUARTER-FINALS
**(Best-of-7)**

### EASTERN CONFERENCE

**N.Y. Rangers (1) vs. Washington (7)**
**(N.Y. Rangers lead series 1-0)**
**Saturday's result**
N.Y. Rangers 3 Washington 1
**Tonight's game**
Washington at N.Y. Rangers, 7:30 p.m.
**Wednesday, May 2**
N.Y. Rangers at Washington, 7:30 p.m.
**Saturday, May 5**
N.Y. Rangers at Washington, 12:30 p.m.
**Monday, May 7**
x-Washington at N.Y. Rangers, 7:30 p.m.
**Wednesday, May 9**
x-N.Y. Rangers at Washington, TBA
**Saturday, May 12**
x-Washington at N.Y. Rangers, TBA

**Philadelphia (5) vs. New Jersey (6)**
**(Philadelphia leads series 1-0)**
**Yesterday's result**
Philadelphia 4 New Jersey 3 (OT)
**Tomorrow's game**
New Jersey at Philadelphia, 7:30 p.m.
**Thursday's game**
Philadelphia at New Jersey, 7:30 p.m.
**Sunday, May 6**
Philadelphia at New Jersey, 7:30 p.m.
**Tuesday, May 8**
x-New Jersey at Philadelphia, TBA
**Thursday, May 10**
x-Philadelphia at New Jersey, TBA
**Saturday, May 12**
x-New Jersey at Philadelphia, TBA

### WESTERN CONFERENCE

**St. Louis (2) vs. Los Angeles (8)**
**(Los Angeles leads series 1-0)**
**Saturday's result**
Los Angeles 3 St. Louis 1
**Tonight's game**
Los Angeles at St. Louis, 9 p.m.
**Thursday's game**
St. Louis at Los Angeles, 10 p.m.
**Sunday, May 6**
St. Louis at Los Angeles, 3 p.m.
**Tuesday, May 8**
x-Los Angeles at St. Louis, TBA
**Thursday, May 10**
x-St. Louis at Los Angeles, TBA
**Saturday, May 12**
x-Los Angeles at St. Louis, TBA

**Phoenix (3) vs. Nashville (4)**
**(Phoenix leads series 1-0)**
**Last night's result**
Nashville at Phoenix
**Friday's result**
Phoenix 4 Nashville 3 (OT)
**Wednesday's game**
Phoenix at Nashville, 9 p.m.
**Friday, May 4**
Phoenix at Nashville, 7:30 p.m.
**Monday, May 7**
x-Nashville at Phoenix, 10 p.m.
**Wednesday, May 9**
x-Phoenix at Nashville, TBA
**Friday, May 11**
x-Nashville at Phoenix, TBA
x — If necessary.

### FLYERS 4, DEVILS 3 (OT)
**First Period**
1. New Jersey, Parise 3 (Elias) 3:16
**Penalties** — Voracek Pha (slashing) 3:57, Salvador NJ (roughing) 10:18, Zidlicky NJ (hooking) 16:44.
**Second Period**
2. Philadelphia, Briere 6 (Voracek) 8:07
3. Philadelphia, van Riemsdyk 1 (Gustafsson) 8:44
4. New Jersey, Zajac 4 (Parise, Kovalchuk) 13:53 (pp)
**Penalties** — Wellwood Pha (tripping) 9:31, Elias NJ (tripping) 11:40, Carle Pha (hooking) 13:22.
**Third Period**
5. Philadelphia, Giroux 7 (Timonen, Hartnell) 4:19 (pp)
6. New Jersey, Sykora 1 (Clarkson) 11:22
**Penalties** — Greene NJ (hooking) 3:50, Sykora NJ (holding) 5:26.
**First Overtime**
7. Philadelphia, Briere 7 (Voracek, Carle) 4:36
**Penalty** — Zidlicky NJ (delay of game) 0:30.
**Shots on goal by**

| | | | | |
|---|---|---|---|---|
| New Jersey | 15 | 3 | 4 | 4—26 |
| Philadelphia | 6 | 8 | 15 | 7—36 |

**Goal** — New Jersey: Brodeur (L,4-3-0); Philadelphia: Bryzgalov (W,5-2-0). **Power plays (goals-chances)** — New Jersey: 1-3; Philadelphia: 1-6.
**Attendance** — 19,972 (19,537).

## SATURDAY

### KINGS 3, BLUES 1
**First Period**
1. St. Louis, Backes 2 (Perron, Pietrangelo) 9:16
2. Los Angeles, Voynov 1 (Penner, Richards) 16:58
**Penalties** — Richards LA (cross-checking) 0:50, Perron StL (goaltender interference) 17:39.
**Second Period**
3. Los Angeles, Greene 1 (Brown) 18:57 (sh)
**Penalties** — Greene LA (holding) 14:02, King LA (boarding) 18:47.
**Third Period**
4. Los Angeles, Penner 2 (Scuderi) 19:45 (en)
**Penalties** — Perron StL (high-sticking) 3:42, Oshie StL (double high-sticking) 6:23, Shattenkirk StL (delay of game) 10:29, Crombeen StL (misconduct) 19:53.
**Shots on goal by**

| | | | | |
|---|---|---|---|---|
| Los Angeles | 11 | 9 | 9 | 29 |
| St. Louis | 13 | 8 | 8 | 29 |

**Goal** — Los Angeles: Quick (W,5-1-0); St. Louis: Elliott (L,3-1-0). **Power plays (goals-chances)** — Los Angeles: 0-5; St. Louis: 0-3.
**Attendance** — 19,391 (19,150).

### RANGERS 3, CAPITALS 1
**First Period**
No Scoring.
**Penalties** — Rupp NYR (goaltender interference) 3:23, Semin Wash (slashing) 3:50, Staal NYR (interference) 12:16, Ovechkin Wash (tripping) 17:54.
**Second Period**
1. N.Y. Rangers, Anisimov 1 (Fedotenko, McDonagh) 12:38
2. Washington, Chimera 2 (Laich) 19:56
**Penalties** — Staal NYR (holding) 6:26, Prust NYR (boarding) 7:53.
**Third Period**
3. N.Y. Rangers, Kreider 2 (Stepan) 7:00
4. N.Y. Rangers, Richards 3 (Kreider, Gaborik) 8:30
**Penalties** — Semin Wash (tripping) 2:12, Washington bench (too many men; served by Ovechkin) 12:20.
**Shots on goal by**

| | | | | |
|---|---|---|---|---|
| Washington | 6 | 7 | 5 | 18 |
| N.Y. Rangers | 4 | 4 | 6 | 14 |

**Goal** — Washington: Holtby (L,4-4-0); N.Y. Rangers: Lundqvist (W,5-3-0).
**Power plays (goals-chances)** — Washington: 0-4; N.Y. Rangers: 0-4.
**Attendance** — 18,200 (18,200).

# NBA

## PLAYOFF

**All Times EDT**
**(x-if necessary)**

### FIRST ROUND
**(Best-of-7)**
**Yesterday's results**
San Antonio 106, Utah 91
San Antonio leads series 1-0
L.A. Lakers 103, Denver 88
L.A. Lakers lead series 1-0
Boston at Atlanta
L.A. Clippers at Memphis
**Saturday's results**
Chicago 103, Philadelphia 91
Chicago leads series 1-0
Miami 100, New York 67
Miami leads series 1-0
Orlando 81, Indiana 77
Orlando leads series 1-0
Oklahoma City 99, Dallas 98
Oklahoma City leads series 1-0
**Tonight's games**
New York at Miami, 7 p.m.
Orlando at Indiana, 7:30 p.m.
Dallas at Oklahoma City, 9:30 p.m.
**Tomorrow's game**
Boston at Atlanta, 7:30 p.m.
Philadelphia at Chicago, 8 p.m.
Denver at L.A. Lakers, 10:30 p.m.

# GOLF

### PGA ZURICH CLASSIC OF NEW ORLEANS
**At Avondale, La.**
**Par 72 (36-36)**

| | |
|---|---|
| x-Jason Dufner, $1,152,000 | 67-65-67-70-269 |
| Ernie Els, $691,200 | 66-68-68-67-269 |
| Luke Donald, $435,200 | 73-65-66-67-271 |
| **Graham DeLaet, $281,600** | **68-67-66-71-272** |
| Ryan Palmer, $281,600 | 72-67-64-69-272 |
| Steve Stricker, $230,400 | 66-68-69-70-273 |
| Ken Duke, $199,467 | 65-68-71-70-274 |
| Cameron Tringale, $199,467 | 65-70-68-71-274 |
| John Rollins, $199,467 | 67-66-69-72-274 |
| Rickie Fowler, $160,000 | 71-65-69-70-275 |
| David Mathis, $160,000 | 72-69-69-65-275 |
| Justin Rose, $160,000 | 72-67-68-68-275 |
| Jonas Blixt, $116,480 | 68-70-71-67-276 |
| Ben Curtis, $116,480 | 67-70-68-71-276 |
| J.B. Holmes, $116,480 | 71-67-68-70-276 |
| Scott Piercy, $116,480 | 72-66-69-69-276 |
| Webb Simpson, $116,480 | 68-72-67-69-276 |
| Alex Cejka, $80,640 | 70-69-67-71-277 |
| Brendon de Jonge, $80,640 | 73-69-69-66-277 |
| Jeff Overton, $80,640 | 72-67-73-65-277 |
| **Also** | |
| **David Hearn, $51,840** | **68-73-68-69-278** |

### LPGA MOBILE BAY CLASSIC
**At Mobile, Ala.**
**Par 72 (36-36)**
Final

| | |
|---|---|
| Stacy Lewis, $187,500 | 68-67-67-69—271 |
| Lexi Thompson, $114,347 | 70-71-66-65—272 |
| Karine Icher, $82,951 | 72-65-68-68—273 |
| Azahara Munoz, $44,887 | 69-69-70-68—276 |
| So Yeon Ryu, $44,887 | 69-67-72-68—276 |
| Karrie Webb, $44,887 | 73-70-64-69—276 |
| Sun Young Yoo, $44,887 | 68-69-69-70—276 |
| Brittany Lincicome, $44,887 | 70-67-67-72—276 |
| Hee Young Park, $25,563 | 70-70-71-66—277 |
| Natalie Gulbis, $25,563 | 69-70-68-70—277 |
| **Also** | |
| **Lorie Kane, $4,767** | **72-71-74-69—286** |
| **Stephanie Sherlock, $2,629** | **75-69-75-72—291** |
| **Jessica Shepley, $2,365** | **74-70-75-75—294** |

# HOCKEY

## TELUS CUP

**CANADIAN MEN'S MIDGET CHAMPIONSHIP**
**At Leduc, Alta.**
**Yesterday's results**
**Third Place**
Saskatoon 3 Leduc 2
**Championship**
Red Deer 6 Esther-Blondin 5 (20T)
**Saturday's results**
**Semifinals**
Esther-Blondin 8 Leduc 2
Red Deer 2 Saskatoon 0

## ESSO CUP

**CANADIAN WOMEN'S MIDGET CHAMPIONSHIP**
**At Charlottetown**

**Saturday's results**
**Third Place**
Edmonton 4 Halifax 1
**Championship**
Pembina Valley 4 Thunder Bay 2

# SOCCER

## ENGLAND

### PREMIER LEAGUE
**Yesterday's results**
Chelsea 6 Queens Park Rangers 1
Tottenham 2 Blackburn 0

## FRANCE

### LIGUE 1
**Yesterday's results**
Auxerre 4 Brest 0
Nancy 1 Caen 1
Rennes 3 Ajaccio 1
Saint-Etienne 1 Dijon 0
Sochaux 0 Bordeaux 3
Valenciennes 2 Nice 0
Lille 2 Paris Saint-Germain 1

## ITALY

**Yesterday's results**
Bologna 3 Genoa 2
Atalanta 2 Fiorentina 0
Inter Milan 2 Cesena 1
Lecce 1 Parma 2
Novara 0 Juventus 4
Siena 1 AC Milan 4
Udinese 2 Lazio 0

## PORTUGAL

**Yesterday's results**
Leiria 0 Feirense 4
Setubal 0 Nacional 3
Beira Mar 2 Pacos de Ferreira 0
Rio Ave 2 Benfica 2

## SCOTLAND

### PREMIER LEAGUE
**Yesterday's results**
Celtic 3 Rangers 0
St. Mirren 1 Hibernian 0

## SPAIN

### LA LIGA
**Yesterday's results**
Real Madrid 3 Sevilla 0
Zaragoza 2 Athletic Bilbao 0
Malaga 1 Valencia 0
Real Betis 2 Atletico Madrid 2
Rayo Vallecano 0 Barcelona 7

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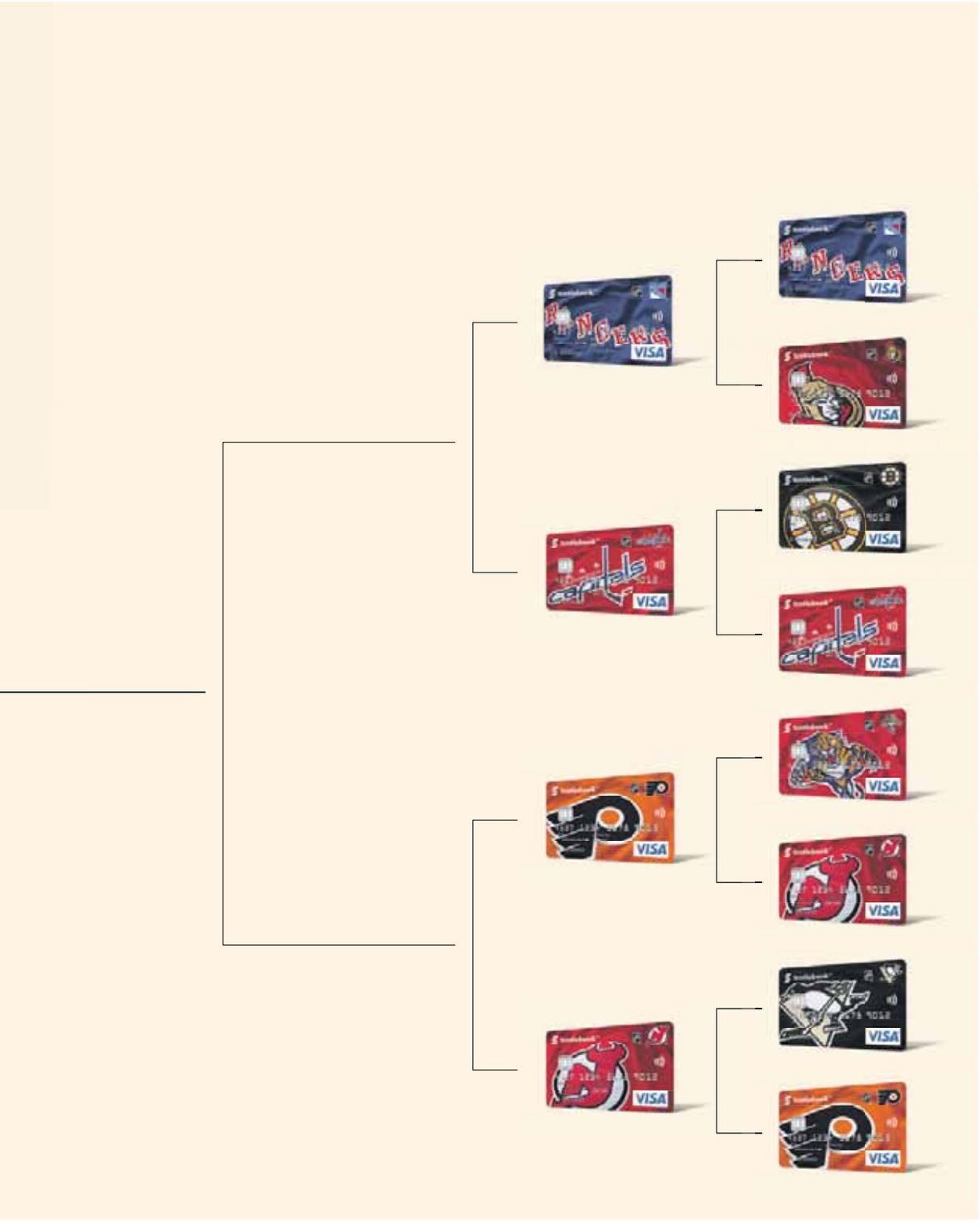

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# Surprise Sens know 'the bar is going to be raised'

**NHL.** Despite sting of defeat, Senators optimistic heading into off-season

The sting of playoff disappointment was still fresh, but the Ottawa Senators were an optimistic bunch as they cleaned out their lockers on Saturday.

The Senators held a 3-2 series lead against the first-place New York Rangers, but couldn't close the deal in their Eastern Conference quarterfinal, falling to the No. 1 seed in seven games.

"I believe you have to score your way to the Stanley Cup, not defend your way," coach Paul MacLean said in his final meeting with the media. "We didn't score enough goals."

Despite the loss, the Senators saw plenty of positives heading into the off-season. The 2011-12 campaign had been viewed as a rebuilding year and the fact the Senators advanced to the playoffs was huge accomplishment for the entire organization.

Daniel Alfredsson shakes hands with Rangers John Mitchell and Ryan McDonagh after the Senators were eliminated in Game 7 in New York. JULIO CORTEZ/THE ASSOCIATED PRESS

**Quoted**

**"We're not going to have low expectations and we have to be ready to go and our expectation has to be to win."**

**Senators centre Jason Spezza** on what to expect next season.

"We know what type of team we are now," centre Jason Spezza said. "We're under the understanding that the bar is going to be raised moving forward because of what we've done."

MacLean was hired last offseason and was instrumental in not only the on-ice success, but the team's overall attitude.

"We had a lot of fun," winger Nick Foligno said. "We had a great group of guys to make it fun in the locker-room, great leadership and guys in place that you enjoyed coming to work every day and going out there and battling hard for each other."

Now the Senators await captain Daniel Alfredsson's decision on whether or not he will return. The 39-year-old is pondering retirement and will take a few weeks to make a decision.

"It's been a great year, but it's been a long year physically and mentally," said Alfredsson. "Do I have the energy and motivation to get ready for another year, because I know I just can't take the summer off and come to camp and hope I will do well." THE CANADIAN PRESS

## Bynum a beast in Game 1

Denver Nuggets forward Al Harrington and Lakers centre Andrew Bynum battle for a rebound on Sunday in Los Angeles. Kobe Bryant scored 31 points and Bynum posted the Lakers' first playoff triple-double in 21 years with a post-season-record-tying 10 blocked shots as Los Angeles cruised to a 103-88 victory over Denver in Game 1 of their first-round series. Bynum also had 10 points and 13 rebounds. MARK J. TERRILL/THE ASSOCIATED PRESS


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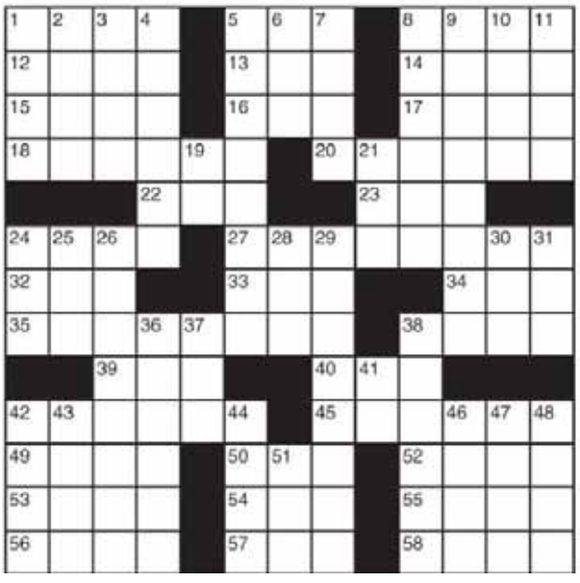
## Crossword

### Across

1 Radio's Limbaugh
5 Tackle moguls
8 Scratches (out)
12 Sweet sandwich
13 Stashed
14 Wield the shears
15 Poi base
16 Praise in verse
17 Dagwood's boss's wife
18 Reverend, e.g.
20 Long-legged shorebird
22 Request
23 Annoy
24 Youngest
27 List-condensing phrase
32 Web address
33 Kind of pron.
34 Operated
35 "She — Conquer"
38 "SportsCenter" channel
39 IRS worker
40 Western st.
42 Dervishes
45 Jacks
49 Cruising
50 Idolater's emotion
52 Up to
53 Gossip
54 Supporting
55 Otherwise
56 Relaxation
57 USNA grad
58 Out of play

### Down

1 Coll. mil. org.
2 Caspian Sea feeder
3 Withered
4 "Yippee!"
5 Lurid novels
6 Tease
7 Concept
8 Date, e.g.
9 Door hardware
10 Green land
11 Lovers' quarrel
19 "— not!"
21 Compete
24 Clear the tables
25 Illustrations
26 Ball-carrier's allies
28 Asian holiday
29 1995 Harvey Keitel movie
30 Eminem's genre
31 Raggedy one?
36 Narcotic
37 Standard
38 On cloud nine
41 Indefinite article
42 Disappear gradually
43 Actress Argento
44 Out of harm's way
46 Gross
47 Couturier Schiaparelli
48 Coaster
51 Took the trophy



## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 4 | | | | 2 | 1 | 9 | |
| | | 8 | | | | | 3 | 5 |
| | | | | 8 | | 2 | | 4 |
| | | | 9 | 6 | | | | 7 |
| | 7 | | | | | | 1 | |
| 2 | | | | 1 | 3 | | | |
| 7 | | 6 | | 5 | | | | |
| 4 | 9 | | | | | 3 | | |
| | 3 | 5 | 6 | | | | 7 | |

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Friday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 8 | 2 | 7 | 1 | 9 | 4 | 5 | 3 |
| 1 | 3 | 4 | 5 | 8 | 2 | 6 | 9 | 7 |
| 9 | 7 | 5 | 6 | 4 | 3 | 8 | 2 | 1 |
| 7 | 4 | 8 | 9 | 2 | 1 | 3 | 6 | 5 |
| 3 | 6 | 9 | 8 | 5 | 7 | 2 | 1 | 4 |
| 2 | 5 | 1 | 4 | 3 | 6 | 9 | 7 | 8 |
| 5 | 1 | 3 | 2 | 9 | 8 | 7 | 4 | 6 |
| 8 | 9 | 6 | 1 | 7 | 4 | 5 | 3 | 2 |
| 4 | 2 | 7 | 3 | 6 | 5 | 1 | 8 | 9 |

## Friday's Crossword

## Cryptoquip

**How to play**
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

YT M IJQSMYZ PYZE YZBSQFRJZS PJQJ EJIVMQJE DTT-VYRYSB, PDFVE YS LJ TDQLYEEJZ TVFSJ?

**Yesterday's Cryptoquip:** DURING THEIR COSMIC OUTINGS, THE THIRSTY ALIENS LIKED TO MAKE A STOP BY THE SPACE BAR.

Today's Cryptoquip Clue: T equals F

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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## Horoscope

**Aries | March 21 - April 20.** You don't much like taking orders but if you are smart you will do what someone in authority tells you today.

**Taurus | April 21 - May 21.** Sometimes it's hard to know who to trust, especially when different people give you vastly conflicting advice.

**Gemini | May 22 - June 20.** You will rise to whatever challenges fate sends your way.

**Cancer | June 21 - July 22.** Listen to what other people tell you today, even if – especially if – it's not something you are happy to hear.

**Leo | July 23 - Aug. 22.** You may be good at something and rightly proud of your talent but don't start thinking you are the best in the business.

**Virgo | Aug. 23 - Sept. 22.** It may seem as if someone in authority is giving you a hard time for no good reason but from their point of view they have every reason to be annoyed.

**Libra | Sept. 23 - Oct. 22.** Promise yourself that you will not get involved in any kind of argument or dispute today.

**Scorpio | Oct. 23 - Nov. 21.** Are you thinking with your heart or are you thinking with your head?

**Sagittarius | Nov. 22 - Dec. 21.** If a partnership is not working out the way you hoped, maybe you have been expecting too much of it.

**Capricorn | Dec. 22 - Jan 20.** It might be best to keep certain thoughts to yourself, especially if they are the kind of thoughts that could get you into trouble with the powers that be!

**Aquarius | Jan. 21 - Feb 18.** Keep telling yourself that no matter what certain people are saying and no matter how much they doubt your abilities you are on the right track.

**Pisces | Feb. 19 - March 20.** What's done is done and cannot be undone, so forget about the past and look to the future.

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Peter

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st:33747 • **$13,980** • bw:$115***

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**07 TUCSON GLS**
LOADED, A/C, AUTO • 76757km
st:33608 • **$11,870** • bw:$127*

**10 HONDA INSIGHT HYBRID**
LOADED, A/C, AUTO • 53737km
st:31958-A • **$17,800** • bw:$155***

**11 IMPALA LS**
LOADED, A/C • 51554km
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**11 TOWN COUNTRY**
STOW-N-GO, NAV, LOADED • 16006km
st:33758 • **$28,890** • bw:$228***

**09 NISSAN XTERRA 4WD**
LOADED, A/C, AUTO • 41466km
st:31671 • **$19,950** • bw:$204**

**08 ACURA TL**
LOADED, A/C, ROOF, LTHR • 87531km
st:33530 • **$17,980** • bw:$167**

**07 LEGACY AWD**
LOADED, A/C, ROOF, AUTO • 79319km
st:28575 • **$15,950** • bw:$171*

**08 PONTIAC VIBE**
A/C, STD • 86574km
st:33272 • **$9,640** • bw:$89**

**10 CHRYSLER 300 TOURING**
LOADED, A/C • 37776km
st:32861 • **$16,750** • bw:$138***

**08 KIA RONDO EX**
LOADED, A/C, AUTO • 87121km
st:33324 • **$9,970** • bw:$93**

**07 GR. VITARA AWD**
LOADED, A/C, ROOF, AUTO • 103614km
st:33778 • **$11,640** • bw:$125*

**07 NISSAN QUEST**
LOADED, A/C, AUTO • 95995km
st:32409 • **$13,650** • bw:$147*

**08 HONDA ACCORD**
LOADED, A/C, AUTO • 107112km
st:32664-A • **$13,750** • bw:$128**

**08 MAZDA B2300**
A/C • 61594km
st:33422 • **$10,750** • bw:$100**

**09 NISSAN ROGUE**
LOADED, A/C, AUTO • 60968km
st:32613-A • **$16,950** • bw:$157**

**08 PONITAC TORRENT**
LOADED, A/C, AUTO • 75537km
st:33159 • **$13,380** • bw:$124**

**07 SANTA FE GLS AWD**
LOADED, A/C, AUTO • 104739km
st:32479-B • **$10,850** • bw:$116*

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LOADED, A/C • 52016km
st:33345 • **$12,470** • bw:$116**

**08 MAZDA TRIBUTE 4WD**
LOADED, A/C, AUTO • 96008km
st:33739 • **$12,850** • bw:$119**

**07 FORD EDGE SEL AWD**
LOADED, A/C, LTHR, AUTO • 95433km
st:32926-A • **$17,850** • bw:$192*

**10 FORD MUSTANG CONVERT.**
LOADED, A/C, LTHR, AUTO • 37399km
st:33737 • **$24,890** • bw:$196***

**09 CHRYSLER PT CRUISER**
LOADED, A/C, AUTO • 71380km
st:33126-A• **$7,950** • bw:$74**

**08 SAAB 9-3 2.0T**
LOADED, ROOF, LTHR, AUTO • 90901km
st:33488 • **$13,980** • bw:$130**

**10 TOYOTA COROLLA CE**
LOADED, A/C, AUTO • 65320km
st:32948 • **$12,950** • bw:$107***

**08 FORD FUSION SE**
LOADED, A/C, ROOF • 70497km
st:33130 • **$10,750** • bw:$100**

**08 FORD TAURUS SEL**
LOADED, A/C, AUTO • 90818km
st:32153 • **$11,840** • bw:$110**

**09 FORD ESCAPE XLT 4WD**
LOADED, A/C, AUTO • 39901km
st:33070 • **$19,670** • bw:$183**

**07 VOLKSWAGEN PASSAT**
LOADED, A/C, LTHR, AUTO • 79395km
st:32521 • **$13,870** • bw:$160*

**11 CHRYSLER 200**
LOADED, A/C • 36288km
st:33503 • **$16,970** • bw:$140***

**11 FORD FIESTA SE**
LOADED, A/C, AUTO • 50713km
st:33517 • **$13,980** • bw:$115***

**10 SUZUKI SX4 LE**
LOADED, A/C, AUTO • 60387km
st:32750 • **$11,970** • bw:$99***

**11 HYUNDAI SONATA**
LOADED, A/C, MAGS, AUTO • 56556km
st:32771 • **$17,950** • bw:$148***

**10 EQUINOX LS AWD**
LOADED, A/C, AUTO • 63009km
st:33050 • **$18,850** • bw:$155***

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### 07 Cadillac CTS

- Loaded, A/C, Lthr, Auto
- st: 33383
- km: 64065

**$16,930**
$182* Bi-weekly

### 09 Benz C230 4Matic

- AWD, A/C, Lthr, Loaded, Roof
- st: 33683
- km: 56335

**$28,740**
$256** Bi-weekly

### 08 BMW 128i COUPE

- Loaded, A/C, Lthr, Roof, Auto
- st: 33071
- km: 78474

**$21,870**
$195** Bi-weekly

### 08 Benz B200

- Loaded, A/C, Auto
- st: 32353
- km: 66500

**$16,880**
$157** Bi-weekly

### 08 Lexus IS250

- AWD, Loaded, Roof, Lthr, Auto
- st: 29824
- km: 75146

**$26,840**
$248** Bi-weekly

### 08 BMW X3

- AWD, Loaded, Lthr, Roof, Auto
- st: 33285
- km: 51156

**$29,650**
$264** Bi-weekly

**08 HYUNDAI ELANTRA GL**
STD • 34056km
st:33047 • **$8,450** • bw:$78**

**11 SMART FORTWO**
LOADED, PANORAMIC ROOF • 23464km
st:33682 • **$13,670** • bw:$113***

**07 HYUNDAI ACCENT**
LOADED, A/C • 99490km
st:32548 • **$6,940** • bw:$74*

**08 NISSAN ALTIMA 2.5S**
LOADED, A/C, AUTO • 84112km
st:33662 • **$12,980** • bw:$120**

**10 SENTRA XTRONIC CVT**
LOADED, A/C, AUTO • 66382km
st:33677 • **$11,960** • bw:$99***

**07 CHRYSLER SEBRING**
LOADED, A/C • 86262km
st:31515 • **$9,680** • bw:$104*

**07 TRAILBLAZER 4WD**
LOADED, A/C, ROOF • 79210km
st:33199 • **$14,870** • bw:$160*

**11 DODGE AVENGER SXT**
LOADED, A/C • 33755km
st:33579 • **$15,970** • bw:$132***

**11 SUZUKI KIZASHI**
LOADED, A/C, AUTO • 34328km
st:33619 • **$16,970** • bw:$140***

**08 MINI COOPER CLUBMAN**
LOADED, A/C, LTHR, ROOF • 53589km
st:33578 • **$17,980** • bw:$167**

**07 VOLKSWAGEN GOLF CITY**
STD • 98747km
st:32116 • **$9,750** • bw:$105*

**11 MITSUBISHI LANCER SE**
LOADED, A/C, MAGS, AUTO • 37161km
st:33466 • **$16,735** • bw:$138***

**07 MAZDA 6 S/W**
LOADED, A/C, AUTO • 95746km
st:31930 • **$11,830** • bw:$127*

**10 DODGE CHARGER**
LOADED, A/C • 57663km
st:33459 • **$15,870** • bw:$131***

**08 CHEVROLET COBALT LS**
STD • 90824km
st:33403 • **$7,850** • bw:$73**

**07 DODGE CALIBRE SXT**
LOADED, A/C, AUTO • 82291km
st:31790 • **$8,780** • bw:$94*

**09 TOYOTA VENZA AWD**
LOADED, A/C, AUTO • 22487km
st:31787 • **$24,850** • bw:$231**

**07 CHEVROLET OPTRA 5**
LOADED, A/C, ROOF • 31417km
st:32802 • **$8,360** • bw:$90*

**08 SATURN VUE XR**
LOADED, A/C, AUTO • 71309km
st:33473 • **$13,980** • bw:$130**

**07 VOLKSWAGEN JETTA CITY**
LOADED, A/C, AUTO • 64761km
st:32266 • **$10,950** • bw:$118*

**08 JEEP COMPASS SPORT**
STD • 68815km
st:32457 • **$10,650** • bw:$99**

**07 TOYOTA RAV4 4WD**
LOADED, A/C, AUTO • 94969km
st:32215 • **$13,940** • bw:$171*

**06 NISSAN X-TRAIL XE**
LOADED, A/C, AUTO • 73849km
st:31654 • **$10,950** • bw:$118*

**07 MAZDA RX-8 COUPE**
LOADED, A/C, ROOF, LTHR • 63835km
st:33444 • **$16,870** • bw:$181*

**09 PONTIAC AVEO G3**
LOADED, A/C, ROOF • 72350km
st:32171-A • **$8,980** • bw:$83**

**09 TOYOTA MATRIX**
LOADED, A/C • 68124km
st:33622 • **$12,960** • bw:$120**

**07 VOLVO S40**
LOADED, A/C, LTHR, AUTO • 84104km
st:32486 • **$14,870** • bw:$160*

**11 TOYOTA SIENNA LE**
LOADED, A/C, AUTO • 59919km
st:33138 • **$25,890** • bw:$204***

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